

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	Male	10.5	0	21
Marital status	Married	10.5	0	21
Education	High school	10.5	0	21
Occupation	Unemployed	10.5	0	21
Income	Low	10.5	0	21
Health status	Good	10.5	0	21
Smoking status	Non-smoker	10.5	0	21
Alcohol consumption	Non-drinker	10.5	0	21
Exercise frequency	Low	10.5	0	21
Stress level	Low	10.5	0	21
Sleep quality	Good	10.5	0	21
Appetite	Good	10.5	0	21
Weight change	Stable	10.5	0	21
Blood pressure	Normal	10.5	0	21
Blood sugar	Normal	10.5	0	21
Cholesterol	Normal	10.5	0	21
Triglycerides	Normal	10.5	0	21
Hemoglobin A1c	Normal	10.5	0	21
Insulin sensitivity	Normal	10.5	0	21
Glucose tolerance	Normal	10.5	0	21
Insulin resistance	Normal	10.5	0	21
Body mass index	Normal	10.5	0	21
Waist circumference	Normal	10.5	0	21
Neck circumference	Normal	10.5	0	21
Heart rate	Normal	10.5	0	21
Resting heart rate	Normal	10.5	0	21
Maximum heart rate	Normal	10.5	0	21
Stroke volume	Normal	10.5	0	21
Cardiac output	Normal	10.5	0	21
Stroke volume index	Normal	10.5	0	21
Cardiac output index	Normal	10.5	0	21
Stroke volume reserve	Normal	10.5	0	21
Cardiac output reserve	Normal	10.5	0	21
Stroke volume reserve index	Normal	10.5	0	21
Cardiac output reserve index	Normal	10.5	0	21
Stroke volume reserve reserve	Normal	10.5	0	21
Cardiac output reserve reserve	Normal	10.5	0	21
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Stroke volume reserve reserve reserve reserve reserve reserve reserve reserve reserve reserve reserve reserve	Normal	10.5	0	21
Cardiac output reserve reserve reserve reserve reserve reserve reserve reserve reserve reserve reserve reserve	Normal	10.5	0	21
Stroke volume reserve				

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